

**BHAVAN'S HAZARIMAL SOMANI COLLEGE OF ARTS & SCI., SHRI MANUBHAI  
MANEKLAL SHETH JR. COLLEGE OF ARTS & SCIENCE AND JAYRAMDAS PATEL  
COLLEGE OF COMMERCE & MANAGEMENT STUDIES, MUMBAI – 400 007.**

---

**BEST PRACTICES - 2022-2023**

Best Practice-1

1. Title: "Mental Health - Preserved Wealth"

2. Objective: Promoting Mental Health of Staff and Students of the College by organizing various programmes for enhancing their mental well-being. Mental Health is an important aspect of the overall well-being of any individual. It is therefore important to remain fit, physically as well as mentally. With this approach in mind, the Department of Psychology and Counselling and Guidance Center of the College organizes various activities and programmes to enhance the mental health of the staff and students of the College.

3. The Context- The Counselling Center of the College is a place where many students often report their concerns and issues related stress, anger, relationships and are provided guidance for its management. As substance abuse is a serious concern among adolescents, a session on Drug de-addiction was organized to help students handle the same.

4. The Practice- The college Counselor was available for the students and staff for counselling. The contact number of the Counsellor was shared with all and was also displayed on the college website. Students were asked to seek prior appointments for the Counselling sessions.

The Department of Psychology and Counselling and Guidance Center of the College had organized three sessions titled '**Orientation to Psychological Test**' to orient the students of the college to the practical aspect of Psychological Testing. Students had an experiential learning about the theory concepts, thereby gaining a better understanding of psychological tests. These sessions were conducted by the College Counsellor, Ms. Keyuri Bhojani. All these sessions were activity based and interactive with real-life examples and hands- on training.

A session on **prevention from Addiction 'Be Smart, Don't Start'** was organized for all the students. The sessions were conducted by a renowned Psychiatrist, Psychotherapist and a honourable member of the Executive Committee of the Bombay Psychiatric Society, **Dr. Jyoti Maheshwari**. After the sessions, few students took this opportunity to discuss about the careers in the field of Psychology and especially in Counselling and Therapies.

A workshop titled '**Dil , Dosti , Relationship, etc...**'- on Relationship Management was taken with objective to help students deal with relationship issues in an effective manner. The session focused on different types of relationships during adolescence, issues and concerns faced in relationships, and ways to deal effectively with it.

Department of Psychology and Department of Sociology of our college had jointly organised **One Day Educational Visit National Association For Blind (NAB) Home for Ageing Blind, Khandala Manashakti Kendra, Mind Gym, Lonavala** to create awareness and sensitization

about the needs, concerns and rehabilitation of visually impaired and the Elderly and to enhance understanding about the various cognitive processes.

The Departments of Psychology and Sociology had also jointly organized a visit to **Maan Deshi Mohatsav**, at Ravindra Natya Mandir, Prabhadevi, Dadar, to educate students about the Tribal tradition, culture and to help them learn from the Women entrepreneurs, farmers and artisans participating in the Exhibition. The Exhibition had stalls set up and managed by rural women entrepreneurs, farmers, and artisans from various tribal areas of Maharashtra. The exhibition depicted their traditional knowledge, cultural heritage, and local food delicacies. Through this visit, students got an opportunity to interact with Rural women entrepreneurs, farmers and artisans and also learn life skills from them.

The Counselling Centre of our college had organized a session '**Defense Mechanism..Play of Mind**' for the students of FYJC . The speaker, Counsellor Keyuri Bhojani, explained what are Defence mechanisms and how we make use of them in our daily life. She supported her talk with practical life examples. To gauge concept clarity, situations were presented and students were asked to identify the defense mechanism.

The Counselling Centre of the College had conducted a Psychological Testing Session for SYJC Students of all streams to create awareness about their style of learning, a '**Know Your Learning Style Inventory**'. A 'Know your Learning Style' inventory was administered on the students. They were informed about their style of learning viz visual, auditory, kinesthetic or tactile. The students did the scoring of their test and were guided with learning strategies that best suited them. A printed sheet about study strategy pointers based on learning style was also given to each student.

The Department of Psychology and the Counselling Centre had organized the screening of the Movie '**DEVRAI- the sacred mangroves**' to create awareness about the Psychiatric Disorder, Schizophrenia, its causes, characteristic symptoms, diagnostic criteria and treatment and to help students of Psychology understand the the process of Psychological assessment and various therapies.

The Forum of Humanities and Social Sciences in Collaboration with Counselling Centre had organized a programme '**Nurture through Culture**' to develop an attitude of Gratitude on the auspicious occasion of Guru –Purnima. The objective behind organizing such session was to instill awareness about our strong Cultural ethos and to motivate students towards positive attitude to life.

Psychospectrum 2023: Eras Of Thoughts, was an intercollegiate Psychology festival based on the theme of " various Eras of Psychology." hosted by the P.G. Psychology Department of R. D. National College. The aim to organize this fest was to come up with new thoughts and ideas in the feild of Psychology.

'Colours of Mind' is an Annual Psychology Fest which focuses on different themes of mental health every year. Various activities like, 'Posterolic', 'Psych Treasure', 'Make it, share it' etc. were organized for the students.

Educational Visit was conducted to IIT Bombay. The students of Department of Psychology along with two staff members were fortunate to receive an invitation from IIT Bombay to attend a seminar for Brain Awareness Week at the Psychophysiology Laboratory in IIT Bombay. It was a day long program with informative, insightful and interactive sessions by eminent speakers like Dr. Niveditha from IIT Bombay and Dr. Vivek Belhekar from University of Mumbai who guided the students about various aspects of brain health.

**Evidence of Success-** Students who seek Counselling from the Counsellor generally follow up with the Counsellor till their issues are resolved successfully. The feedback from the students highlights that they are able to deal with life situations and challenges more effectively and can focus on their studies after the Counselling sessions. Workshops are planned to reach a larger target audience. After every Workshop, feedback form is circulated among the participants in order to understand how they have received the sessions. Overall analysis of the feedback shows that the sessions are received positively. The participants also expressed their desire for organisation of several such sessions in future.

**Problems encountered and Resources acquired-** Growth and change is a lifelong process. Counselling brings about an internal change and one cannot gauge the efficacy of the sessions immediately. In spite of the limitations, the college has tried its best to reach the maximum stakeholders and has done a sincere attempt to promote and enhance the mental health of the students and staff.

Best Practice – 2

1. Title: "Together We Will (Gender Equity and Equality)"

2. Objectives: To create awareness among students and staff of various issues related to Gender and to inculcate Gender Sensitivity among them.

3. The Context: The college has been regularly organising various programmes for the benefit of the students of our college. Collaboration is the need of the hour and a great source of sharing resources and learning. Therefore, the college encourages collaborative activities among various departments of the college as well as with other colleges. With such collaborative efforts, the College intends to give its students a wide exposure by giving them an opportunity to interact with their peers from other Departments and Colleges to add to their learning experience. In order to achieve the goal of Gender Sensitization, various programmes on the theme of "Gender Issue" were organised in collaboration with various Departments, Committees and Associations from within the college and also with other colleges and NGOs working in the area of Gender Issues.

4. The Practice:

1. The internal committee and the college Women development cell started an on-going welfare activity for teaching and nonteaching female staff members of the institution from 18<sup>th</sup> June, 2022. The "Sukoon Saturday" gathering aimed to bring the teaching and nonteaching female staff members together for a healthier institutional environment. A variety of activities related to physical and mental wellbeing was conducted. A session on "How to meditate?" for female staff of the college was conducted

2. "Gender Issues" in contemporary society is one of major problem. The College Women Development Cell (CWDC) and the Internal Complaints Committee(IC) of our College under the aegis of IQAC , have organised a seminar for Women on the topic 'Awareness about Women's Rights' to celebrate Kranti-Jyoti Savitribai Phule Jayanti. The resource person for the seminar was Prof. Medha Dhapre, Head of the Department of Political Science, Kirti M. Doongursee College, Dadar, Mumbai .

3. The College Women Development Cell (CWDC) of our College under the aegis of IQAC, have organised a "**Haldi-Kunku**" event for women teaching and non-teaching staff to celebrate Makar Sankranti, a festival. The married women applied Haldi-Kumkum to each-other as a mark of happy marital life. The period of Makar Sankranti is considered favorable for spiritual practice and any gift given during this period is equivalent to offering and receiving the grace of Devine. So, the tilgud, flowers were given to each women along with a small gift.

4. The College Women Development Cell (CWDC) in association with **Niine foundation**, a NGO whose mission is to spread greater menstrual awareness about menstrual health and hygiene practices, organized Sanitary Napkins distribution on **Wednesday, 25<sup>th</sup> January 2023** to emphasis on the menstrual health.

5. International Women's Days celebration was organized by Internal Complaint Committee and College Women Development Cell. A fun event for the teaching and nonteaching female staff was conducted which embraced an Antankashri Fun Game where teachers and non-teaching staff participated with all enthusiasm. Winner of Antakshari were rewarded with gifts and participants with token of appreciation. The group activity was encouraging.

5) Evidence of Success: After each of these sessions, feedback was acquired from the participants which was later evaluated. Most of the participants gave a positive response about the workshops and sessions.

6) Problems Encountered and Resources Acquired: Not all the students and staff cannot be involved in the sessions due to various work or lectures.